

Quinoa Pilaf

This Quinoa-Based Side Dish Packs in Eight Amino Acids



Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 254

Fat 6 g

Saturated fat .5 g

Protein 8 g

Carbs 42 g

Fiber 4 g

Sodium 420 mg

Cholesterol 0 mg

Whether you're looking for a gluten-free food or want to add to your heart-healthy diet, this South American superfood is the total nutritional package. Quinoa (pronounced keen-wah) is a complete protein with all eight essential amino acids and a good source of iron and magnesium. The American Heart Association considers it a cornerstone of a heart-healthy diet. Here are some easy ways to add quinoa to your diet.

Ingredients:

- 1 T olive oil
- 1 medium finely chopped onion
- 1/2 chopped red bell pepper
- 1 clove minced garlic
- 1 T pine nuts
- 2 cups quinoa, rinsed
- 4 cups low-sodium chicken or vegetable broth
- 1/4 cup chopped parsley
- Salt and pepper to taste

Preparation:

In a large pot with a lid, heat oil and cook onions, red peppers and garlic over medium heat for 3 to 4 minutes. Add pine nuts and quinoa, and cook another 1 to 2 minutes.

Stir in broth and bring to a boil. Reduce heat to low. Cover and simmer for 15 to 20 minutes, until all broth is absorbed. Add salt sparingly and pepper to taste. Add parsley when done.

M52755 5/13
© 2013 United HealthCare Services, Inc.
Recipe Source: myOptumHealth



For more recipes and health information, visit myuhc.com®